

Stepping In & Around Capitol Commons Complex

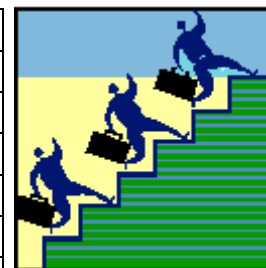
Tips

- ☐ Stretch your calves before climbing stairs.
- ☐ Breathe deeply and slowly as you climb.
- ☐ Gradually increase the number of flights and frequency of climbing.
- ☐ Enjoy your steps toward better fitness!

(There are roughly 2000 steps in a mile. The number of steps will vary depending on ones height and stride. The following is an approximation, and generally includes a couple steps on the landings between stairs.)

Stairs in CCC bldg (Lansing) # Steps

In the stairwell - one way	x1	x2	x3	x4	x5	x6	x7	x8
LL to 1st level	26	52	78	104	130	156	182	208
LL to 2nd level	54	108	162	216	270	324	378	432
LL to 3rd level	82	164	246	328	410	492	574	656
LL to 4th level	110	220	330	440	550	660	770	880
LL to 5th level	137	274	411	548	685	822	959	1096
LL to 6th level	165	330	495	660	825	990	1155	1320
LL to 7th level	194	388	582	776	970	1164	1358	1552
LL to 8th level	220	440	660	880	1100	1320	1540	1760
front door to elevators	33	66	99	132	165	198	231	264
front door to east stairwell	35	70	105	140	175	210	245	280
back door to west stairwell	10	20	30	40	50	60	70	80
back door to elevators	75	150	225	300	375	450	525	600



Stair Climbing Safety

1. Check with your personal physician before beginning any exercise program.
2. Start out slowly if you are not in the habit of climbing stairs.
3. Wear sturdy shoes
4. Step with care, placing your feet firmly on the stairs.
5. When going down stairs use the railing if you are moving quickly.
6. Be watchful of doors that open onto landings.
7. Walk near the railing (away from doors).

CCC to ...

Below is approximate mileage and number of steps to walk from the front of the Capitol Commons Complex to these downtown destinations:

CCC (front of building) to ...	Approx Miles	Approx Steps	CCC (front of building) to ...	Approx Miles	Approx Steps
621 Restaurant	1.1	2200	Fifth Third Bank	.6	1200
Bank One	.59	1180	Frizbee's	.55	1100
Beaner's (Allegan)	.5	1000	Grandview Plaza	.75	1500
Beaner's (Capitol Ave)	.35	700	Grand Tower	.65	1300
Beaner's (Ottawa)	.7	1400	Great Harvest Bread Company	.6	1200
Blimpie's	.5	1000	Hack's Key Shop	.66	1320
Books & Beans (Gibson's)	.8	1600	Hallmark (Barb's)	.55	1100
Brannigan Brothers	.56	1120	Insty Prints	.58	1160
Byblos Middle Eastern Cuisine	.59	1180	Jalapeno's Mexican Restaurant	.5	1000
Capitol City Grill (@ Radisson)	.8	1600	Kelly's Downtown Inc.	.59	1180
CATA Transportation Center	.5	1000	Kewpee Sandwich Shoppe	.65	1300
China Express	.4	800	Kositchek's	.74	1480
City Hall	.6	1200	Lansing Center	.9	1800
City Market	1.15	2300	Lansing Community College	.8	1600
Clara's Restaurant	1.2	2400	Michigan Historical Center	.2	580
Comerica Bank	.7	1400	Michigan National Bank	.5	1000
Cooley Law School	.45	900	Michigania	.7	1400
Curves (downtown)	.55	1100	Mr. Toad's Paper Company	.6	1200
Daily Bagel	.5	1000	National City Bank	.71	1420
Empire Szechuan	.65	1300	New York Burrito	.5	1000

Approximate mileage and number of steps to walk from the front of the Capitol Commons Complex to these downtown destinations: (continued)

Nuthouse Sports Grill	.95	1900
Parthenon Restaurant	.55	1100
Reutter Park	.3	600
Riverfront Park	1.1	2200
Riverwalk Trail (entrance off K-zoo & Cedar)	.8	1600
Sara's Lunchbox Express	.65	1300
Scholtzsky's Deli/Downtown Deli	.58	1160
Smith Floral Company	.45	900
Spotted Dog Café	.55	1100
Standard Federal Bank	.6	1200
State Employees' Credit Union	.4	800
State Capitol (@ Capitol & Michigan Aves)	.6	1200
Subway	.45	900
Sultan Express	.5	1000
The Knight Cap	.9	1800
The Mole Hole	.55	1100
The Peanut Shop	.65	1300
Turkeyman Deli	1.2	2400
U.S. Post Office	.35	700
Victor Building	.65	1300
Wendy's	.8	1600
YMCA (downtown N. Washington Ave.)	.65	1300

Burning Calories

To lose one pound (1 lb.) it is necessary to burn 3500 more calories than you take in.

A 150 lb. person can burn up to 32 calories by walking at 2 mph for 10 minutes.

A 150 lb. person can burn up to 92 calories by climbing stairs for 10 minutes.

Go to <http://www.healthstatus.com/calculate/cbc> for a calculation of how many calories you may burn while performing a variety of activities.



More Trivia:

From the front steps of the Capitol, it takes approximately the following number of steps to walk to and from these popular downtown destinations:

1. Beaner's (on Ottawa) = 636 steps
2. YMCA = 762 steps (.38 mile)
3. Great Harvest Bread Company = 1,016
4. Spotted Dog Café = 1,246
5. Beaner's (on Allegan) = 996
6. Lansing Center = 1,358
7. Perimeter of the Capitol = 1,265

From the basement of the State Capitol building to the 3rd floor - 126 steps.

*Note: It is possible that some businesses listed above are no longer downtown. Please disregard, if so.
(This list was prepared in 2004)*

Remember: There's an advantage to taking the stairs!